

*Setting Fields, Kearney North-West Field*



Photo by: Will Haley



May

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*Amidst the Fog, Kearny Kilgore Island*

*Time to Bloom, Kearney*



Photo by: Will Haley

Photo by: Akaela Lieth



# CredibleMind



Two Rivers Public Health Department Announces Partnership with CredibleMind, Expanding Access to Convenient and Confidential Mental Wellbeing Resources for Local Residents.

Using the CredibleMind platform, residents of Two Rivers will receive 24/7 access to more than 10,000 science-backed mental health resources, personalized to their needs.

CredibleMind is an intuitive platform offering local, wellness-oriented digital content that enables employees, healthcare providers, and community organizations to support consumer-centric engagement and provide personalized mental health resources.



CredibleMind enables payers, public health departments, employers, insurers, healthcare providers, and community organizations to provide their constituents with a comprehensive and holistic ecosystem for the prevention and early intervention of mental illness.

The partnership will make CredibleMind an accessible digital resource to the approximately 97,000 residents of Buffalo, Dawson, Franklin, Gosper, Harlan, Kearney, and Phelps counties. The site is also available in Spanish and Somali.



Complete with assessments, education, and interventions that empower users to engage in mental well-being, each customized platform offers connections to local community resources and population-level analytics. For more information visit:

[www.crediblemind.com](http://www.crediblemind.com)

Or Scan the QR code!

## United by Culture Monarch Award Winner

Maria Barocio, Community Health Worker, has been awarded the United by Culture Monarch Award. This award is given annually to an individual who has worked independently of United by Culture Media in showing leadership and courage to work towards a better future.

Gladys Godinez with United by Culture had this to say:

“We are happy to award Maria’s work in our community. She is our go-to family resource in Lexington and our board members nominated her and chose to award her the award because she is courageous and the monarch butterfly symbolizes change, transformation and hope. These are evident in Maria’s work everyday.



We have cancelled the gala this year but want to celebrate Maria during our biggest event this year. United by Culture Festival in September. We hope to present the award to Maria then.”



Did you know that immersing yourself in nature isn't just a leisurely pastime, it's an investment in your mental wellbeing. In today's fast-paced world, where screens dominate our attention and urban landscapes can feel suffocating, the call of the great outdoors offers a refreshing remedy. Exploring nature isn't just about having fun, it's a special trip that can make us feel better in many different ways. Whether it's the quiet sound of leaves or the beautiful views around us, exposure to nature is proven to help us feel happier and calmer.



A growing body of evidence has begun shedding light on just how important getting outside can be for mental health and overall wellbeing, and it's not just because ultraviolet light on your skin can boost vitamin D levels. Our connection to the outdoors goes well beyond this skin-deep reality, and our need to find green and blue spaces (settings dominated by plants and waterways) is becoming more important than ever in our highly digitized, nonstop world.

## Tick Collecting



A gallery of tick collecting action shots!

Did you know that multiple species of ticks live in our area? TRPHD is collecting ticks in our area again this year to understand the number and types of ticks in our area. So far, TRPHD has collected and mailed over 50 ticks to be identified and tested for disease.

Each tick species carries different diseases. For example, the species known to carry Lyme Disease has not been identified in our district. However, several other diseases could be spread by ticks identified in our area such as, Rocky Mountain Spotted Fever, Heartland virus disease, and tularemia.

Protect yourself from tick-borne diseases by wearing EPA approved insect repellent, dressing in light-colored protective clothing, and avoiding walking in tall grass unless it's necessary.



Strokes can happen to anyone, at any age. Having a stroke puts you at a higher risk for a second one, however, stroke survivors have the power to reduce their risk for having another stroke. There are things you can do to reduce your risk, starting with identifying what caused your stroke and uncovering all of your personal risk factors.

<p>Normal blood pressure is below</p> <p><b>120/80</b></p>	<p>People with high blood pressure have an increased risk of having a stroke.</p>	<p>At age 50, ideal cardiovascular* health adds to life expectancy:</p> <p><b>5.2 years</b> for men</p> <p><b>6.3 years</b> for women.</p>
<p>Stroke occurs when a blood vessel to the brain is blocked or bursts.</p> <p>Blood and oxygen flow are interrupted, and brain cells begin to die.</p>	<p>Up to <b>80%</b> of strokes may be prevented.</p>	<p>Have your blood pressure checked and keep it in check by self-measuring at home and recording results to help</p> <p><b>REDUCE</b> your risk of stroke.</p>
	<p>More than <b>1 in 3</b> American adults with high blood pressure don't know they have it.</p>	

<b>B</b>	<b>E</b>	<b>F</b>	<b>A</b>	<b>S</b>	<b>T</b>
<b>BALANCE</b>	<b>EYES</b>	<b>FACE</b>	<b>ARMS</b>	<b>SPEECH</b>	<b>TIME</b>

- **Balance Loss:** Does the person have loss of balance or are they dizzy? Are they walking differently?
- **Eyesight Change:** Can the person see out of both eyes? Do they have sudden vision loss or blurry double vision?
- **Face Drooping:** Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?
- **Arm Weakness:** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **Speech Difficulty:** Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?
- **Time to call 9-1-1:** If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

# Fun Health Fact of the Month.



The teen brain has a lot of plasticity, which is the ability of neural pathways in your brain to change in response to your environment and experiences

